

# Deer Park Police Department



Preliminary Application Package For  
Police Cadet / Police Officer

**Deer Park Police Department**  
**P.O. Box 700 (Mailing Address) / 2911 Center Street (Physical Address)**  
**Deer Park, TX 77536-0700**  
**281-930-2121**

The Deer Park Police Department is now recruiting men and women who are interested in becoming a Police Officer and making a positive difference in the lives of those who live, work, attend school or visit our community. If you would like to join an honorable and noble profession, I encourage you to carefully read the information in this letter since it describes all elements and activities of a selection process that lasts approximately 6 months. Questions regarding this opportunity should be addressed to Officer J Ammas ( 281-930-2121 / [sjammass@deerparktx.org](mailto:sjammass@deerparktx.org)).

The minimum standards to become a Deer Park Police Officer include, but are not limited to:

- **US citizenship,**
- **Bachelor's degree.**
- **Twenty-one (21) years of age by time of appointment,**
- **Honorable Discharge (free of conditions) for US Military Veterans, and**
- **No illegal drug use within five (5) years of the application.**

Should you decide to compete for this position, you must:

**Submit your completed City of Deer Park Employment Application [here](#)**  
**PGQI QX't qt w n qp'vj g'Elw( u'lpvgt pgv'ls g'0'Lqd'Rqu lpi u'ct g'lp'vj g'J wo cp'Tguqwt egu**  
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**a t t he D eer P ark P ol ice'D e p a r t m e n t, 2911 Center Street, Deer Park, TX 77536.**

You must bring a valid, government issued, picture ID card to the preliminary interview and be punctual. The purpose of the Preliminary Interview is to insure all applicants meet the minimum requirements for the position of Police Officer and possess the health necessary to engage in a Physical Fitness Test. During the Preliminary Interview, the following documents / items shall be completed and/or submitted:

- Supplement Form 1,

***The City of Deer Park is an Equal Opportunity Employer of Qualified Individuals***

- Full Disclosure of all Records form,
- Informed Consent,
- Health History Questionnaire, and
- Physical Activity Readiness Questionnaire.

Applicants that do not meet the minimum requirements for a Deer Park Police Officer will be withdrawn from the selection process; however, they may be eligible to apply again depending upon the circumstances of their disqualification. If the health of an applicant is in question, he or she will be required to obtain and submit written permission from a physician prior to taking the Physical Fitness Test. Applicants that do not comply with this requirement will be withdrawn from the selection process; however, they are eligible to reapply again depending upon the circumstances of why they did not comply. All other applicants may proceed to the next phase of the selection process. During the next phase of the selection process, applicants must:

**3. Report for the Physical Fitness Test at the Deer Park High School-North Campus Track Field, 402 Ivy, Deer Park, TX 77536:**

**The date is to be determined by the City of Deer Park.**

You must bring a valid, government issued, picture ID card to the Physical Fitness Test and be punctual. Applicants should wear clothing and shoes appropriate for physical exercise. Applicants that do not pass one of the three Physical Fitness Tests will be withdrawn from the selection process; however, they are eligible to apply again after thirty (30) days from the last test date. All other applicants may proceed to the next phase of the selection process. During the next phase of the selection process, applicants must:

**4. Report for the Vocabulary and Reading Comprehension Test at the Deer Park Police Department, 2911 Center Street, Deer Park, TX 77536.**

**The date is to be determined by the City of Deer Park.**

You must bring a valid, government issued, picture ID card to the Vocabulary and Reading Comprehension Test and be punctual. Applicants that do not pass the Vocabulary and Reading Comprehension Test will be withdrawn from the selection process; however, they are eligible to reapply for the position of Deer Park Police Officer after one year from the test date. All other applicants may proceed to the next phase of the selection process. During the next phase of the selection process, each applicant must:

**5. Report for the Police Officer Candidate Interview Board at the Deer Park Police Department, 2911 Center Street, Deer Park, TX 77536. The Police Officer Candidate Interview Board date will be determined and scheduled by the City of Deer Park. The Police Officer Candidate Interview Board can accommodate a maximum of seven candidates per day. The board will reconvene each day until all applicants have been interviewed.**

During the Police Officer Candidate Interview Board, applicants will be rated on a scale from 0 (lowest possible score) to 100 (highest possible score). Applicants that do not report for the Police Officer Candidate Interview Board will be withdrawn from the selection process; however, they are eligible to apply again thirty (30) days after the Interview Board. All applicants that report to the Police Officer Candidate Interview Board will be placed on an eligibility list. On the date of the Police Officer Candidate Interview Board, each applicant will be photographed. The purpose of the eligibility list is to determine the order in which one or more background investigations are performed. Note: Applicants that are current Deer Park Police Department employees will be placed at the top of the eligibility list. Applicants that are currently licensed, as a Texas Peace Officer, will be placed below current Deer Park Police Department employees on the eligibility list. All other applicants will be placed below current Texas Peace Officers on the eligibility list. The eligibility list will last for one year. During the next phase of the selection process, each applicant must:

- 6. Have their official College Transcript(s) mailed from their school(s) to the Deer Park Police Department, Attn: Career Services, P.O. Box 700, Deer Park, TX 77536-0700 by a date determined by the TGET who provides the legal.**
- 7. Report to AAA Credit Screening Services, L.L.C., 17041 El Camino Real, Suite 102 Houston, TX 77058, and make arrangements to have their credit report transmitted to the Deer Park Police Department, Attn: Career Services, P.O. Box 700, Deer Park, TX 77536-0700 by a date determined by the TGET who provides the legal.**
- 8. Complete a Deer Park Police Department Personal History Statement and submit it to the Deer Park Police Department, Attn: Career Services, P.O. Box 700 / 2911 Center Street, Deer Park, TX 77536-0700 by a date determined by the TGET who provides the legal."**
- 9. Submit copies of the following required documents / items to the Deer Park Police Department, Attn: Career Services, P.O. Box 700 / 2911 Center Street, Deer Park, TX 77536-0700 by a date determined by the TGET who provides the legal.**
  - Birth Certificate
  - Social Security Card
  - Valid Driver's License
  - Proof of Automobile Liability Insurance
  - Military Discharge Papers (Form DD-214 / US Military Veterans only)
  - Marriage License(s) (if applicable)
  - Divorce Decree(s) (if applicable)
  - Naturalization Papers (if applicable)
  - Passport (if applicable)
  - Proof of completion of the Texas Basic Peace Officer Curriculum (if applicable)
  - Official Public Safety Agency ID Card (if applicable)
  - Current TCLEOSE Training Status (if applicable)

Applicants that do not provide a nd/or a rrange f or their c ollege t ranscript(s), c redit r eport, Personal H istory S tatement, a nd a ll r equired doc uments t o be submitted t o the D eer P ark Police D epartment by the s tated d eadline will be w ithdrawn f rom t he s election pr ocess; however, they are e ligible to apply a gain a fter thirty (30) days f orm t he de adline date. All other applicants may proceed to the next phase of the selection process. During the next phase of the selection process, each selected applicant must:

**10. Report for a Pre-Background Investigation Interview at the Deer Park Police Department, 2911 Center Street, Deer Park, TX 77536. Date to be determined by the Chief of Police.**

On the date of the Pre-Background Investigation Interview, the following documents / items shall be completed:

- Request For Child Abuse / Neglect Central Registry Check;
- Texas Department of Public Safety Fingerprint Card; and,
- Federal Bureau of Investigation Fingerprint Card.

A pre-background investigation interview is conducted before a background investigation is initiated. The purpose of the pre-background investigation interview is to obtain additional information that will expedite the completion of the background investigation. A background investigation is an exploration into sensitive or confidential aspects of an individuals' life. It includes, but is not limited to, an investigation looking specifically at a person's dependability; integrity; initiative; situational reasoning ability; self-control; writing skills; reading skills; oral communications skills; interpersonal skills; and physical ability; and a report that documents an investigation into an applicant's suitability for licensing and appointment which includes: biographical data; scholastic data; employment data; criminal history data; interviews with references, supervisors, and other people who have knowledge of the person's abilities, skills, and character; and a summary of the investigator's findings and conclusions regarding the applicant's moral character and suitability. Applicants that do not pass the background investigation will be withdrawn from the selection process; however, they may be eligible to reapply again depending upon the circumstances of their disqualification. All other applicants may proceed to the next phase of the selection process. During the next phase of the selection process, each selected applicant must:

**11. Report for a Conditional Job Offer Interview at the Deer Park Police Department, 2911 Center Street, Deer Park, TX 77536. The Conditional Job Offer is scheduled on a date determined by the Chief of Police.**

The Chief of Police, or his designee, conducts a conditional job offer interview. Applicants that do not receive a conditional job offer will be withdrawn from the selection process; however, they may be eligible to reapply again depending upon the circumstances of their disqualification. All other applicants may proceed to the next phase of the selection process. During the next phase of the selection process, each selected applicant must:

**12. Report for a Written Psychological Examination at the Deer Park Police Department, 2911 Center Street, Deer Park, TX 77536. The Written Psychological Examination is scheduled on a date determined by the City of Deer Park.**

**13. Report for a Psychological Interview at the Deer Park Police Department, 2911 Center Street, Deer Park, TX 77536. The Psychological Interview is scheduled on a date determined by the City of Deer Park.**

Applicants that do not pass the written psychological examination and psychological interview will be withdrawn from the selection process; however, they may be eligible to reapply again, depending upon the circumstances of their disqualification. All other applicants may proceed to the next phase of the selection process. During the next phase of the selection process, each selected applicant must:

**14. Report for a Polygraph Questionnaire at the Deer Park Police Department, 2911 Center Street, Deer Park, TX 77536. The Polygraph Questionnaire is scheduled to be distributed on a date determined by the City of Deer Park.**

**15. Report for a Polygraph Examination, with a completed Polygraph Questionnaire, at the Deer Park Police Department, 2911 Center Street, Deer Park, TX 77536. The Polygraph Examination is scheduled to take place on a date determined by the City of Deer Park.**

Applicants that do not complete the polygraph questionnaire and the polygraph examination will be withdrawn from the selection process; however, they may be eligible to reapply again. All other applicants may or may not proceed to the next phase of the selection process. During the next phase of the selection process, each selected applicant must:

**16. Report to the City's Human Resources office, 710 East San Augustine, Deer Park, TX 77536, to sign pre-employment paperwork. The date to sign pre-employment paperwork will be scheduled to take place on a date determined by the City of Deer Park.**

**17. Report for a Medical Examination at the Deer Park Family Clinic, 2910 Center, Deer Park, TX 77536. The Medical Examination is tentatively scheduled to take place after the applicant signs pre-employment paperwork.**

The medical examination includes a back exam and drug screen, which may be performed at an alternate location. Applicants that do not pass the medical examination will be withdrawn from the selection process; however, they may be eligible to reapply again depending upon the circumstances of their disqualification. All other applicants must:

**18. Report for duty at the Deer Park Police Department or a local police academy, including, but not limited to:**  
**a. College of the Mainland;**

- b. Harris County Sheriff's Office;**
- c. Houston Community College;**
- d. Pasadena Police Department;**
- e. University of Houston – Downtown;**
- f. North Harris Montgomery Community College.**

The following documents are included in the Preliminary Application Package for Police Cadet / Police Officer so that you may make an informed decision regarding a career with our agency.

- \* Employment Application / Supplement Form
- \* Informed Consent
- \* Health History Questionnaire
- \* PAR-Q & YOU
- \* Physical Fitness Test
- \* Position Description for Patrol Officer
- \* 2011 Recruiting Package for Police Officer

**Any request(s) for reasonable accommodation(s) prior to any test(s) or event(s) in the selection process**

## Deer Park Police Department Supplement Form 1

The City of Deer Park Police Department is committed to being an Equal Opportunity Employer of qualified individuals. Certain information must be gathered in order to maintain compliance with guidelines enforced by the Equal Employment Opportunity Commission. This information will not be considered for employment purposes and shall remain separate from your Employment Application. It will not be available for review at any time during the selection process; and, upon employment, will not be used for any subsequent personnel decisions.

1. Name: \_\_\_\_\_
2. Age: \_\_\_\_\_
3. Date of Birth: \_\_\_\_\_
4. Sex: \_\_\_\_\_
5. Position you are applying for: \_\_\_\_\_
6. How did you hear about this opening? \_\_\_\_\_
7. Race:

\_\_\_\_\_ *American Indian/ Alaskan Native*– All persons having origins in any of the peoples of North America who identify themselves by tribal association.

\_\_\_\_\_ *Asian/ Pacific Islander*– All persons having origins in any of the original peoples of the Far East, Southeast Asia or the Pacific Islands. This area includes, for example, Japan, China, Korea, the Philippine Island and Samoa

\_\_\_\_\_ *Black*– All persons having origins of the Black racial groups.

\_\_\_\_\_ *White*– All persons having origins in white racial groups including any of the original peoples of Europe, North Africa, the Middle East or the Indian subcontinent.

\_\_\_\_\_ *Other*

8. Ethnicity:  
\_\_\_\_\_ *Hispanic* – All persons of Mexican, Puerto Rican, Cuban, Central or South American or other Spanish culture or origin, regardless of race.  
\_\_\_\_\_ *Non-Hispanic* – all others.

9. Military Service Status  
\_\_\_\_\_ *Active*  
\_\_\_\_\_ *Active Reserve*  
\_\_\_\_\_ *In-Active Reserve*  
\_\_\_\_\_ *Veteran*  
\_\_\_\_\_ *Non-Veteran*

Signature: \_\_\_\_\_ Date: \_\_\_\_\_



***CITY OF DEER PARK POLICE DEPARTMENT***  
**INFORMED CONSENT**

I, \_\_\_\_\_,

(Print your full Name)

hereby give informed consent to engage in a series of procedures relative to taking a battery of exercise tests and participating in a variety of physical activities. The purpose of the testing is to determine physical fitness, cardiovascular function and health status. These activities include, but are not limited to; walking, running, weight training and calisthenic exercises performed in field and / or gymnasium type settings.

There exists the possibility that certain detrimental physiological changes may occur during exercise and exercise testing. These changes could include heat-related illness; abnormal heart beats; abnormal blood pressure; and, in rare instances, heart attack. If abnormal changes were to occur, the staff has been trained to recognize symptoms and take appropriate action.

I have read this form and understand that there are inherent risks associated with any physical activity and recognize it is my responsibility to evaluate my health / medical history and obtain and follow medical advice. Furthermore, it is my responsibility to monitor my individual physical performance during any activity.

In the event of a medical problem, I further recognize that any medical care that may be required is my personal financial responsibility. Finally, I give informed consent for testing data to be used in an anonymous manner for purposes of statistical data.

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Applicant Signature

Date

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Witness Signature

Date

IF YOU HAVE ANY MEDICAL CONDITION THAT WOULD LIMIT YOUR ABILITY TO ENGAGE IN THIS TESTING PROCEDURE, IT IS YOUR RESPONSIBILITY, PRIOR TO THE ADMINISTRATION OF TEST, TO OBTAIN AND FOLLOW MEDICAL ADVICE.

**CITY OF DEER PARK POLICE DEPARTMENT  
HEALTH HISTORY QUESTIONNAIRE**

Date: \_\_\_\_\_

1. Name: \_\_\_\_\_

2. Age: \_\_\_\_\_

3. Emergency Contact: \_\_\_\_\_  
(Name and Telephone Number, including area code)

4. Past and Present Personal Health History (check all that apply):

- a. Diseases of the heart and arteries \_\_\_\_\_
- b. High blood pressure \_\_\_\_\_
- c. Epilepsy \_\_\_\_\_
- d. Anemia \_\_\_\_\_
- e. Cancer \_\_\_\_\_
- f. Other lung diseases \_\_\_\_\_
- g. Diabetes \_\_\_\_\_
- h. Abnormal electrocardiogram (ECG) \_\_\_\_\_
- i. Angina pectoris (chest pain) \_\_\_\_\_
- j. Stroke \_\_\_\_\_
- k. Abnormal chest X-ray \_\_\_\_\_
- l. Asthma \_\_\_\_\_
- m. Orthopedic or muscular problems \_\_\_\_\_

If any of the above are checked, please explain further and indicate any recommendations your doctor has made regarding exercise.

\_\_\_\_\_  
\_\_\_\_\_

5. Level of Physical Activity

Are you currently involved in a regular aerobic exercise program such as walking, jogging, cycling, swimming, step aerobics, etc? \_\_\_\_\_ Yes \_\_\_\_\_ No

Are you currently participating in weight training? \_\_\_\_\_ Yes \_\_\_\_\_ No

Do you perform stretching exercises on a regular basis? \_\_\_\_\_ Yes \_\_\_\_\_ No

6. What best describes your level of physical activity during the past 4-6 weeks?

- \_\_\_\_\_ Very Active
- \_\_\_\_\_ Moderately Active
- \_\_\_\_\_ Occasionally Active
- \_\_\_\_\_ Inactive

**CITY OF DEER PARK POLICE DEPARTMENT  
HEALTH HISTORY QUESTIONNAIRE**

7. Please indicate any additional exercise information, which you think, is important for us to know prior to fitness testing or exercise.

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8. Is there a family history of heart disease, hypertension, stroke, diabetes, heart failure, lung disease, or epilepsy? \_\_\_\_\_ Yes \_\_\_\_\_ No

If YES, please provide information regarding who the relative is, the medical problem, and the age at onset or death:

Who is the relative?	What is the medical problem?	Age at onset or death?

9. Do you currently smoke cigarettes? \_\_\_\_\_ Yes \_\_\_\_\_ No  
If yes, how many cigarettes per day? \_\_\_\_\_ Yes \_\_\_\_\_ No  
If you smoked in the past, when did you quit? \_\_\_\_\_ Yes \_\_\_\_\_ No

10. Are you currently taking medication prescribed by a physician? \_\_\_\_\_ Yes \_\_\_\_\_ No

If YES, indicate name of medication, dosage and reason for taking it?

Name of medication?	Dosage?	Reason for taking it?

**CITY OF DEER PARK POLICE DEPARTMENT  
HEALTH HISTORY QUESTIONNAIRE**

11. Please indicate any additional medical information that you think is important for us to know prior to fitness testing or exercise.

The answers I have made on this CITY OF DEER PARK POLICE DEPARTMENT HEALTH HISTORY QUESTIONNAIRE are complete and true to the best of my knowledge and belief. I understand that any falsification(s), misrepresentation(s) or omission(s) of any information may be just cause for the rejection of my application and / or, if hired, may be used as a basis for dismissal.

Printed Name of Applicant

Signature of Applicant

Date

**Please do not mark anything below the dotted line.**

Category of Risk	ACSM Classification
<input type="checkbox"/> Orthopedic	<input type="checkbox"/> Low Risk
<input type="checkbox"/> Cardiovascular	<input type="checkbox"/> Moderate Risk
<input type="checkbox"/> Chronological	<input type="checkbox"/> High Risk

**Resting Blood Pressure:** \_\_\_\_\_ / \_\_\_\_\_

Please list any comments that you (the Public Safety Physical Fitness Specialist) believe to be important in determining the risk status of this applicant. \_\_\_\_\_

Printed Name of Public Safety Physical Fitness Specialist: \_\_\_\_\_

Signature of Public Safety Physical Fitness Specialist: \_\_\_\_\_

Date: \_\_\_\_\_

# PAR-Q & YOU

(A Questionnaire for People Aged 15 to 69)

Regular physical activity is fun and healthy, and increasingly more people are starting to become more active every day. Being more active is very safe for most people. However, some people should check with their doctor before they start becoming much more physically active.

If you are planning to become much more physically active than you are now, start by answering the seven questions in the box below. If you are between the ages of 15 and 69, the PAR-Q will tell you if you should check with your doctor before you start. If you are over 69 years of age, and you are not used to being very active, check with your doctor.

Common sense is your best guide when you answer these questions. Please read the questions carefully and answer each one honestly: check YES or NO.

YES	NO	
<input type="checkbox"/>	<input type="checkbox"/>	1. <b>Has your doctor ever said that you have a heart condition <u>and</u> that you should only do physical activity recommended by a doctor?</b>
<input type="checkbox"/>	<input type="checkbox"/>	2. <b>Do you feel pain in your chest when you do physical activity?</b>
<input type="checkbox"/>	<input type="checkbox"/>	3. <b>In the past month, have you had chest pain when you were not doing physical activity?</b>
<input type="checkbox"/>	<input type="checkbox"/>	4. <b>Do you lose your balance because of dizziness or do you ever lose consciousness?</b>
<input type="checkbox"/>	<input type="checkbox"/>	5. <b>Do you have a bone or joint problem (for example, back, knee or hip) that could be made worse by a change in your physical activity?</b>
<input type="checkbox"/>	<input type="checkbox"/>	6. <b>Is your doctor currently prescribing drugs (for example, water pills) for your blood pressure or heart condition?</b>
<input type="checkbox"/>	<input type="checkbox"/>	7. <b>Do you know of <u>any other reason</u> why you should not do physical activity?</b>

If  
you  
answered

## YES to one or more questions

Talk with your doctor by phone or in person BEFORE you start becoming much more physically active or BEFORE you have a fitness appraisal. Tell your doctor about the PAR-Q and which questions you answered YES.

- You may be able to do any activity you want — as long as you start slowly and build up gradually. Or, you may need to restrict your activities to those which are safe for you. Talk with your doctor about the kinds of activities you wish to participate in and follow his/her advice.
- Find out which community programs are safe and helpful for you.

## NO to all questions

If you answered NO honestly to all PAR-Q questions, you can be reasonably sure that you can:

- start becoming much more physically active — begin slowly and build up gradually. This is the safest and easiest way to go.
- take part in a fitness appraisal — this is an excellent way to determine your basic fitness so that you can plan the best way for you to live actively. It is also highly recommended that you have your blood pressure evaluated. If your reading is over 144/94, talk with your doctor before you start becoming much more physically active.

### DELAY BECOMING MUCH MORE ACTIVE:

- if you are not feeling well because of a temporary illness such as a cold or a fever — wait until you feel better; or
- if you are or may be pregnant — talk to your doctor before you start becoming more active.

**PLEASE NOTE:** If your health changes so that you then answer YES to any of the above questions, tell your fitness or health professional. Ask whether you should change your physical activity plan.

Informed Use of the PAR-Q: The Canadian Society for Exercise Physiology, Health Canada, and their agents assume no liability for persons who undertake physical activity, and if in doubt after completing this questionnaire, consult your doctor prior to physical activity.

**No changes permitted. You are encouraged to photocopy the PAR-Q but only if you use the entire form.**

NOTE: If the PAR-Q is being given to a person before he or she participates in a physical activity program or a fitness appraisal, this section may be used for legal or administrative purposes.

"I have read, understood and completed this questionnaire. Any questions I had were answered to my full satisfaction."

NAME \_\_\_\_\_

SIGNATURE \_\_\_\_\_

DATE \_\_\_\_\_

SIGNATURE OF PARENT \_\_\_\_\_  
or GUARDIAN (for participants under the age of majority)

WITNESS \_\_\_\_\_

**Note: This physical activity clearance is valid for a maximum of 12 months from the date it is completed and becomes invalid if your condition changes so that you would answer YES to any of the seven questions.**



# PAR-Q & YOU

Physical Activity Readiness  
Questionnaire - PAR-Q  
(revised 2002)

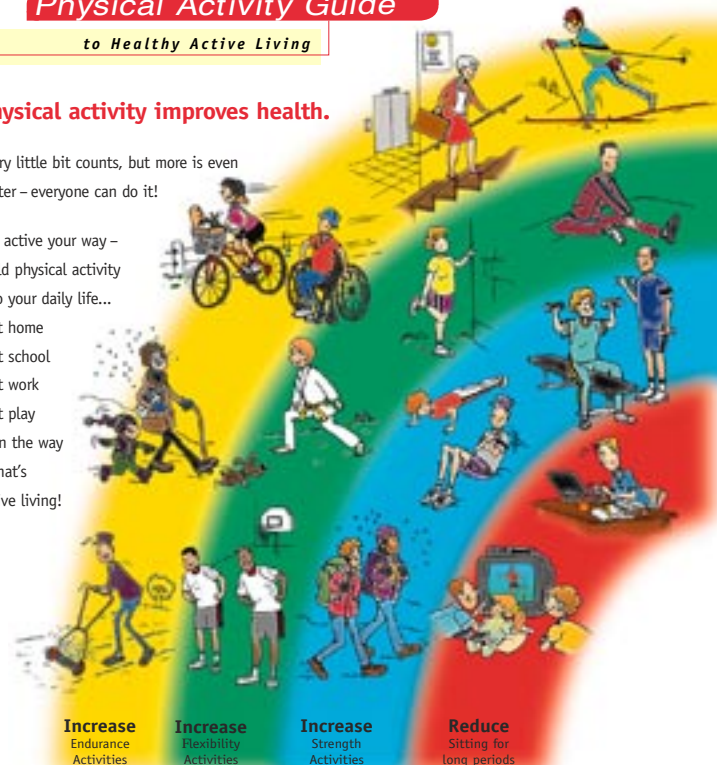


## Physical activity improves health.

Every little bit counts, but more is even better – everyone can do it!

Get active your way – build physical activity into your daily life...

- at home
  - at school
  - at work
  - at play
  - on the way
- ...that's active living!



**Increase**  
Endurance  
Activities

**Increase**  
Flexibility  
Activities

**Increase**  
Strength  
Activities

**Reduce**  
Sitting for  
long periods

Choose a variety of activities from these three groups:

### Endurance

4-7 days a week  
Continuous activities for your heart, lungs and circulatory system.

### Flexibility

4-7 days a week  
Gentle reaching, bending and stretching activities to keep your muscles relaxed and joints mobile.

### Strength

2-4 days a week  
Activities against resistance to strengthen muscles and bones and improve posture.

Starting slowly is very safe for most people. Not sure? Consult your health professional.

For a copy of the Guide Handbook and more information:  
1-888-334-9769, or  
[www.paguide.com](http://www.paguide.com)

Eating well is also important. Follow Canada's Food Guide to Healthy Eating to make wise food choices.

## Get Active Your Way, Every Day – For Life!

Scientists say accumulate 60 minutes of physical activity every day to stay healthy or improve your health. As you progress to moderate activities you can cut down to 30 minutes, 4 days a week. Add-up your activities in periods of at least 10 minutes each. Start slowly... and build up.

Time needed depends on effort				
Very Light Effort	Light Effort 60 minutes	Moderate Effort 30-60 minutes	Vigorous Effort 20-30 minutes	Maximum Effort
• Strolling • Dusting	• Light walking • Volleyball • Easy gardening • Stretching	• Brisk walking • Biking • Raking leaves • Swimming • Dancing • Water aerobics	• Aerobics • Jogging • Hockey • Basketball • Fast swimming • Fast dancing	• Sprinting • Racing
Range needed to stay healthy				

## You Can Do It – Getting started is easier than you think

Physical activity doesn't have to be very hard. Build physical activities into your daily routine.

- Walk whenever you can – get off the bus early, use the stairs instead of the elevator.
- Reduce inactivity for long periods, like watching TV.
- Get up from the couch and stretch and bend for a few minutes every hour.
- Play actively with your kids.
- Choose to walk, wheel or cycle for short trips.
- Start with a 10 minute walk – gradually increase the time.
- Find out about walking and cycling paths nearby and use them.
- Observe a physical activity class to see if you want to try it.
- Try one class to start – you don't have to make a long-term commitment.
- Do the activities you are doing now, more often.

Benefits of regular activity:	Health risks of inactivity:
<ul style="list-style-type: none"> <li>• better health</li> <li>• improved fitness</li> <li>• better posture and balance</li> <li>• better self-esteem</li> <li>• weight control</li> <li>• stronger muscles and bones</li> <li>• feeling more energetic</li> <li>• relaxation and reduced stress</li> <li>• continued independent living in later life</li> </ul>	<ul style="list-style-type: none"> <li>• premature death</li> <li>• heart disease</li> <li>• obesity</li> <li>• high blood pressure</li> <li>• adult-onset diabetes</li> <li>• osteoporosis</li> <li>• stroke</li> <li>• depression</li> <li>• colon cancer</li> </ul>

Source: Canada's Physical Activity Guide to Healthy Active Living, Health Canada, 1998 <http://www.hc-sc.gc.ca/hppb/paguide/pdf/guideEng.pdf>

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## FITNESS AND HEALTH PROFESSIONALS MAY BE INTERESTED IN THE INFORMATION BELOW:

The following companion forms are available for doctors' use by contacting the Canadian Society for Exercise Physiology (address below):

The **Physical Activity Readiness Medical Examination (PARmed-X)** – to be used by doctors with people who answer YES to one or more questions on the PAR-Q.

The **Physical Activity Readiness Medical Examination for Pregnancy (PARmed-X for Pregnancy)** – to be used by doctors with pregnant patients who wish to become more active.

### References:

- Arraiz, G.A., Wigle, D.T., Mao, Y. (1992). Risk Assessment of Physical Activity and Physical Fitness in the Canada Health Survey Follow-Up Study. *J. Clin. Epidemiol.* 45:4 419-428.
- Mottola, M., Wolfe, L.A. (1994). Active Living and Pregnancy, In: A. Quinney, L. Gauvin, T. Wall (eds.), **Toward Active Living: Proceedings of the International Conference on Physical Activity, Fitness and Health**. Champaign, IL: Human Kinetics.
- PAR-Q Validation Report, British Columbia Ministry of Health, 1978.
- Thomas, S., Reading, J., Shephard, R.J. (1992). Revision of the Physical Activity Readiness Questionnaire (PAR-Q). *Can. J. Spt. Sci.* 17:4 338-345.

For more information, please contact the:

Canadian Society for Exercise Physiology  
202-185 Somerset Street West  
Ottawa, ON K2P 0J2  
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Online: [www.csep.ca](http://www.csep.ca)

The original PAR-Q was developed by the British Columbia Ministry of Health. It has been revised by an Expert Advisory Committee of the Canadian Society for Exercise Physiology chaired by Dr. N. Gledhill (2002).

Disponible en français sous le titre «Questionnaire sur l'aptitude à l'activité physique - Q-AAP (révisé 2002)».

**CITY OF DEER PARK POLICE DEPARTMENT  
PHYSICAL FITNESS TEST**

TEST	MINIMUM STANDARD
1. *Vertical Jump	16 inches
2. One Minute Sit-up	29
3. 300 Meter Run	71.0 seconds
4. One Minute Push-up	22
5. 1.5 Mile Run	17 minutes

**Vertical Jump Test**

- Warm up for 3 minutes, perform the Vertical Jump test and rest for 2 minutes.
- Applicant stands with one side toward the wall and reaches up as high as possible to mark his / her standard reach.
- Applicant jumps as high as possible and marks the spot on the wall above his / her standard reach mark.
- Score is the total inches, to the nearest ½ inch.
- The best of three trials is the score.
- \*Effective January 1, 2006, and until further notice, the Vertical Jump Test will be administered for statistical research purposes only.

**One Minute Sit-Up Test**

- Perform the One Minute Sit Up test and rest for 5 to 10 minutes.
- The applicant starts by lying on his / her back, knees bent, heels flat on the floor, fingers interlaced and placed behind the head.
- A partner holds the feet down firmly.
- The applicant performs as many correct sit-ups as possible in one minute.
- In the up position, the applicant should touch his / her elbows to his / her knees and then return until the shoulder blades touch the floor.
- Any resting should be done in the up position.
- The total number of correct sit-ups in one minute is recorded as the score.

**300 Meter Run Test**

- Perform the 300 Meter Run, then rest for 5 to 10 minutes.
- Applicant must run 300 meters at or below the minimum standard.

**One Minute Push-Up Test**

- Perform the Push Up test, then rest for 5 to 15 minutes.
- The hands are placed about shoulder width apart. The administrator places his fist (or a similar device) on the floor below the applicant's chest (unless a male is testing a female).
- Starting from the up position (elbows fully extended), the applicant must keep the back straight at all times and lower him / her self to the floor until his / her chest touches the administrator's fist (or a similar device). Applicant then returns to the up position. This is one repetition. The modified push up is performed on the hands and knees with the back straight and hands slightly ahead of the shoulders in the up position.
- The total number of correct push-ups in 1 minute is recorded as the score.

**1.5 Mile Run Test**

- Do cardio-warm up for 2 to 3 minutes, then perform the 1.5 Mile Run and cardio-cool down for 5 minutes.
- Applicant must run 1.5 miles at or below the minimum standard.

## **POSITION DESCRIPTION**

Class Title: Patrol Officer  
Department: Police (300)  
Division: Neighborhood Services Bureau (Community Services Division)  
Pay Range: 18  
Status: Sworn

### **GENERAL PURPOSE**

Performs police patrol, investigation, traffic regulation, community services and related law enforcement activities.

### **SUPERVISION RECEIVED**

Works under the general supervision of the Community Services Lieutenant and the direct supervision of a Community Services Sergeant.

### **SUPERVISION EXERCISED**

None

### **ESSENTIAL DUTIES AND RESPONSIBILITIES**

Provide the highest quality of police service in order to improve the quality of life for the Citizens of Deer Park, with the highest regard for these values. Accountable to the highest standards of professionalism and ethics. Develop relationships with the community and together identifying and resolving issues affecting public safety. Committed to hard work and purposeful activity. Dedicated to Professional Law Enforcement.

The patrol officer is charged with keeping the peace and enforcing the law, while conducting themselves in a professional manner and the highest principles of police service. Patrol officers are sworn to safeguard the lives and property of all persons and act within their bounds of authority and the realm of legality.

Patrol officers are assigned an Interactive Patrol Sector and are responsible for problem solving and pro-active policing of that geographic area. Patrol officers problem solve by developing meaningful information exchanges within the department and with neighborhood residents. Patrol officers are expected to create an action plan to address neighborhood needs and expectations by incorporating data sources, developing short-term and long-term strategies, and evaluating implementing them.



## **OTHER DUTIES**

Uniform, vehicles and equipment accountability and maintenance.

Make periodic checks of their Interactive Patrol Sector's businesses and residences to report and take action on deficiencies and problems. Investigate all suspicious incidents and activities.

Answer calls for service from telecommunications dispatcher by responding safely and promptly to calls such as accident investigations, criminal investigations, and emergency medical service-first responder calls. These calls may require the collection and preservation of pertinent evidence at any crime or accident scene.

Respond to on view incidents that require police action as if assigned the call by dispatch.

Promptly document and submit required reports as a part of any investigation or assignment.

Utilize non-assigned time for self initiated field activities, traffic prevention patrol, or sector familiarization and problem solving.

Execute warrants, issue warnings, summons, and citations and testify in court.

Remain alert of conditions affecting safety and use of roadways.

Deter and detect potential law violators and take appropriate enforcement action.

Take necessary follow-up action regarding investigations, complaints of traffic, and complete the reports.

Patrol Officers are assigned to the Community Services Division and are assigned to 8-hour patrol shifts (1<sup>st</sup> Shift 6:00 a.m.-2:00 p.m.; 2<sup>nd</sup> Shift 2:00 p.m. –10:00 p.m. or 3<sup>rd</sup> Shift 10:00 p.m. – 6:00 a.m.) and days off are based on departmental seniority. Officer's arrival and departure times for their shift assignments are staggered so that continuous, twenty-four hour coverage is provided.

Perform duties assigned to them by the Community Services Lieutenant and/or Sergeant.

## **PERIPHERAL DUTIES**

Special Assignments include: Patrol; Detective; Warrant Officer; Crime Scene Investigator/Crime Lab Officer; G.R.E.A.T. Officer; School Resource Officer;

Crime Prevention Officer; Recruiting Officer; SWAT; Hostage Negotiations; Honor Guard; Drug Recognition Expert; Accident Re-constructionist.

## **DESIRED MINIMUM QUALIFICATIONS**

United States Citizenship; at least 21 years of age at time of appointment; Bachelor's Degree from a college accredited by the Southern Association of Colleges and Schools or other comparable regional accrediting agency as recognized by the American Association of Collegiate Registrar and Admission Officers; Essential Hearing / Vision; No Conviction(s) for any Felony; Driving While Intoxicated; Driving Under the Influence of Drugs; Assault Involving Family Violence or any Crime involving Moral Turpitude; No history of recurrent illegal drug or narcotic use unless a supervised rehabilitation program has been completed. Any involvement in the distribution of any illegal substance may be grounds for disqualification; No illegal drug or narcotic use in the one year preceding application unless a supervised rehabilitation program has been completed and applicant is drug free at time of application/screening; No history of excessive alcoholic beverage use unless a supervised rehabilitation program has been completed; Applicant must have been a resident of the continental United States for a period of time sufficient to conduct a comprehensive background investigation; however, consideration may be given for military assignment overseas; Applicant must pass a background investigation; Character and reputation must be of the highest order; Applicant must have proof of liability insurance; a valid driver's license not in jeopardy of suspension; and, no more than two moving traffic law convictions in the one year preceding application; Overall driving record must reflect a history of prudence and maturity; Veterans must have an Honorable Discharge, free of conditions, and not have been convicted in any Court Martial higher than a Summary; Applicant must pass all preliminary interviews; a physical fitness test; a written vocabulary and reading comprehension test; a Police Candidate Interview Board; and, a conditional job offer interview with the Chief of Police or his designee; Applicant must take a polygraph examination; Applicant must be able to affect a forcible arrest; Applicant must pass a psychological evaluation by a licensed psychologist or psychiatrist; Applicant must pass a medical examination, including a drug-screening test; Applicant must meet and/or exceed the current licensing requirements for Peace Officers as established by the Texas Commission on Law Enforcement Officer Standards and Education.

### **Necessary Knowledge, Skills, and Abilities:**

Some knowledge of modern law enforcement principles, procedures, techniques, and equipment; Some skill in operating the tools and equipment listed below; Ability to learn the applicable laws, ordinances, and department rules and regulations; Ability to perform work requiring good physical condition; Ability to communicate effectively orally and in writing; Ability to establish and maintain effective working relationships with peers, supervisors and subordinates; Ability

to exercise sound judgment in evaluating situations and in making decisions; Ability to follow verbal and written instructions; Ability to meet the special requirements listed below; Ability to learn the City's geography.

## **SPECIAL REQUIREMENTS**

Must possess, or be able to obtain by the time of hire, a valid State Driver's License without record of suspension or revocation in any state; Ability to meet Department's physical standards.

## **TOOLS AND EQUIPMENT**

Police Car, police radio, radar gun, handgun and other weapons as required, asp baton, hand cuffs, PC and laptop computers and there peripheral equipment.

## **PHYSICAL DEMANDS**

The physical demands described here are representative of those that must be met by an employee to successfully perform the essential functions of this job. Reasonable accommodations may be made to enable individuals with disabilities to perform the essential functions.

While performing the duties of this job, the employee is frequently required to sit and talk or hear. The employee is occasionally required to stand; walk; use hands to finger, handle or feel objects, tools, or controls; reach with hands and arms; climb or balance; stoop kneel crouch; or crawl; and taste or smell.

The employee must occasionally lift and/or move more than 100 pounds. Specific vision abilities required by this job include close vision, color vision, peripheral vision, depth perception, and the ability to adjust focus.

## **WORK ENVIRONMENT**

While performing the duties of this job, the employee frequently works in outside weather conditions.

The employee occasionally works near moving mechanical parts; in high precarious places; and with explosives and is occasionally exposed to wet and/or humid conditions, fumes or airborne particles, toxic or caustic chemicals, extreme cold, extreme heat, and vibration. The work environment is usually moderate.

## **SELECTION GUIDELINES**

Complete and return an Employment Application. The application may be obtained from Deer Park City Hall at 710 East San Augustine; the Deer Park

Police Department at 2911 Center; or the City of Deer Park website at: <http://www.deerparktx.gov/>

Police Officer Applicants will compete for a position with the City of Deer Park in the following areas: Physical Fitness Test; Vocabulary / Reading Comprehension Test; Interview Board; Background Investigation; Conditional Job Offer Interview; Polygraph Examination; Psychological Examination; Medical Examination; Drug Screen.

Academy / Field Training Program: Successful Police Officer Applicants not certified by TCLEOSE will be sent to a Police Academy and will earn Police Cadet pay during that time. The tuition and most of the fees charged by the Police Academy will be paid by the Deer Park Police Department. After graduating from the Police Academy, the Police Cadet will go to the Field Training Program as a Probationary Police Officer.

Successful Police Officer Applicants already certified by TCLEOSE may begin as a Probationary Police Officer and be sent to the Field Training Program. The Field Training Program is approximately 4 months long and usually consists of the Probationary Police Officer riding with a Field Training Officer on each of the three shifts (Days, Evenings and Nights). At the end of the Field Training Program, the Probationary Police Officer rides with a Field Training Evaluator who determines whether or not the Probationary Police Officer requires remedial training or is ready to begin riding on his/her own.

The duties listed above are intended as illustrations of the various types of work that may be performed. The omission of specific statements of duties does not exclude them from the position if the work is similar, related or a logical assignment to the position.

The job description does not constitute an employment agreement between the employer and employee and is subject to change by the employer as the needs of the employer and requirements of the job change.

Reviewed:

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Department Head

Date

## **2011 DEER PARK POLICE OFFICER RECRUITING PACKAGE**

### **THE CITY OF DEER PARK POLICE DEPARTMENT IS DEDICATED TO RECRUITING AND SELECTING THE BEST POSSIBLE CANDIDATES AND CONTINUOUSLY ACCEPTS APPLICATIONS FOR THE POSITION OF POLICE OFFICER**

Minimum standards for Police Officer applicants

1. Applicant must be a citizen of the United States.
2. Applicant must be at least 21 years of age at the time of appointment.
3. Applicant must have a Bachelor's Degree from a college accredited by the Southern Association of Colleges and Schools, or other comparable regional accrediting agency, as recognized by the American Association of Collegiate Registrar and Admission Officer.
4. Applicant must possess essential hearing and visual functions.
5. Applicant must not have been convicted of Driving While Intoxicated, Driving Under the Influence of Drugs, Assault involving Family Violence, felony offenses, or any crime involving moral turpitude.
6. Applicant must not have a history of recurrent drug or narcotic use. Any involvement in the distribution of any illegal substance may be grounds for disqualification.
7. Applicant must not have used any illegal drug preceding application for Police Officer as described below,
  - a. Any applicant using marijuana within five (5) years preceding application is disqualified.
8. Applicant must not have a history of the use of alcoholic beverages to excess.
9. Applicant must have been a resident of the continental United States for a period of time sufficient to conduct a comprehensive background investigation. However, consideration may be given for military overseas assignment.
10. Applicant must pass a background investigation that includes a check of school records, credit, employment, health, and criminal history (to include a fingerprint based criminal record check). Character and reputation must be of the highest order.
11. Applicant must have proof of Liability Insurance, a valid drivers license not in jeopardy of suspension. Applicant must not have more than 2 moving traffic law convictions within a 12-month period immediately prior to making application. Overall driving record must reflect a history of prudence and maturity.
12. Applicant, if a veteran, must have an Honorable Discharge, free of conditions, and not have been convicted in any Court Martial higher than a Summary.
13. Applicant must pass all preliminary interviews. Applicant must also pass a Police Candidate Interview Board and an interview with the Chief of Police.
14. Applicant must pass a written vocabulary and reading comprehension test.
15. Applicant must pass a physical fitness assessment test.
16. Applicant must take a polygraph examination.
17. Applicant must pass a psychological evaluation by a licensed psychologist or psychiatrist.
18. Applicant must pass a medical examination, including a drug-screening test and a back exam.
19. Applicant must meet and/or exceed the current licensing requirements for Peace Officers as established by the Texas Commission on Law Enforcement and Officer Standards.

#### **Prerequisites**

Complete and return an Employment Application. Applications are available online at [http://www.deerparktx.gov/employment/employment\\_application.pdf](http://www.deerparktx.gov/employment/employment_application.pdf); the Deer Park Police Department, 2911 Center Street, Deer Park, TX 77536; and Deer Park City Hall, 710 East San Augustine, Deer Park, TX 77536.

Police Officer applicants compete for a position with the City of Deer Park in the following areas:

Preliminary Interview(s)

Physical Fitness Test  
 Vocabulary / Reading Comprehension Test  
 Police Officer Candidate Interview Board  
 Background Investigation  
 Conditional Job Offer Interview  
 Written Psychological Examination and Interview  
 Written Polygraph Questionnaire and Examination  
 Medical Examination  
 Back Examination  
 Drug Screen

The expected duration of the selection process is 3 - 13 months from the application deadline.

Unsuccessful applicants may be eligible to apply for the next Police Officer Recruiting Cycle depending upon the circumstances of their disqualification, if a vacancy exists.

Applicants with disabilities, who will need reasonable accommodations in order to complete any testing requirements, must inform the City of Deer Park Police Department prior to the administration of the test(s).

Base Salary (effective October 1, 2008)

Police Cadet (Pay range 17)	\$22.59 per hour
Probationary Police Officer (Pay range 18)	\$23.68 per hour (0-6 months)
Probationary Police Officer (Pay range 18)	\$26.08 per hour (6-12 months)
Police Officer (Pay range 18)	\$24.86 - \$34.47 per hour (Depending on length of service)

Certification Pay for Police Officers of the City of Deer Park Police Department

Basic Certification	\$0.09 per hour
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Intermediate Certification	\$0.57 per hour
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Advanced Certification	\$0.86 per hour
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Master Certification	\$1.15 per hour
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Education Pay for Police Officers of the City of Deer Park Police Department

Associate's Degree	\$0.57 per hour
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Bachelor's Degree	\$0.86 per hour
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Master's Degree	\$1.15 per hour
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Longevity Pay for Police Officers of the City of Deer Park Police Department

7 years	\$0.43 per hour
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9 years	\$0.88 per hour
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11 years	\$1.31 per hour
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Shift Differential for Police Officers of the City of Deer Park Police Department

Evening Shift	\$0.75 per hour
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Night Shift	\$1.00 per hour
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